



pathfinders

you never have to walk alone

Aspen 82 & One Producer's Road to Healing

Traditionally the Roaring Fork Valley draws people to ski, or hike, camp or paraglide—all in quest of the peak mountain adventure. Kelli Anne Roman, senior producer of local TV station Aspen 82, came here to heal.



Kelli Anne Roman and Jen Schumacher on Aspen 82

Within two weeks in June, 2014, both of Kelli's parents were diagnosed with cancer. Her dad, an NYPD Detective and ex-marine who spent almost a year working at Ground Zero after 9-11, had throat and tongue cancer. Her mom was fighting stage 4 gallbladder cancer. "My mom was given three months but lived 11," said Kelli. "It was an honor to care for her in hospice and be with her to say goodbye. But my grief still managed to pull me down the wrong path—to partying and self medicating."

Once her dad came through his treatments and the cancer was in remission, Kelli opted for a change of scene and a new life in Aspen. They kept in close touch, often talking twice a day, as he stayed strong and she was promoted to senior producer within her first year. Kelli was on the mountain last January for X-Games when she found out her dad had died suddenly of an aneurism. Devastated, she reached out to Pathfinders, where Allison met her the next day and introduced her to Jen Schumacher, a counselor on staff.

"My mom's death would have been a completely different experience had I known about Pathfinders two years ago," she said. "To know these resources are here for me—supporting me with counseling, acupuncture, sound healing, and the empathy I need to get through this is the real thing. I want everyone in this community to know Pathfinders is here, for all of us."

Since Kelli is in the unique position of making that happen, she has featured four Pathfinders counselors on Aspen 82's mountain interviews during the station's health and wellness week in March. You can watch these videos at aspen82.com or email allison@pathfindersforyou.org for direct links to each program.

Thanks to Kelli and her staff for sharing Pathfinders' mission. If you or someone you know is dealing with the challenges of chronic illness or grief and loss contact Allison Daily at 970-379-5276.

Dear Friends and Supporters of Pathfinders,

It has been an intense winter. On many levels it was wonderful with all of the amazing snow and powder days! Seeing our Valley white everywhere was a true gift. In other ways it was rough, with deaths from avalanches and suicides among other losses. I hate being the one to talk about these sorrows, but this is what we do. And it can't happen without Pathfinders as an organization or without you, our donors.

Pathfinders has grown exponentially this past year, as we see our demand doubling and sometimes tripling, particularly among students in our school programs. While we do not do crisis work, Pathfinders counselors are often called in shortly after a tragedy or a diagnosis of serious illness, and we are there for months and sometimes years afterwards. We are the safe place where people process their grief or illness. We are also the place where caregivers come to be nourished.

This year we have supported adults with life threatening ski accidents, Alzheimer's (and their caregivers), Lou Gehrig's Disease, Parkinson's, Cancer and Huntington's. Our counselors work extensively with Grief and Loss, expected and sudden. We were intimately involved following both avalanches that killed three men who worked closely with children in our Valley. We have supported the kids they taught and coached as well as their families and friends.

Our schools-based programs have taken off and continue to grow. We began during the last school year by providing regular groups and individual counseling to three schools. This school year we are serving 14 schools valley wide from Aspen to Rifle, and the response from the school counselors is overwhelmingly positive. They continue to tell us how grateful they are for our grief-trained counselors who help with death, traumatic divorce and breakdowns in family units when parents, uncles or cousins are sent back to their home countries with immigration and deportation issues. Also, as part of the school programs, we are counseling five teachers who are experiencing grief and loss within their own families.

In addition to our schools, we are working more closely than ever with both employers and employees at local hospitals, non-profits, and a variety of businesses. We also have two exciting fundraisers on the horizon. The Art Show for Pathfinders will run Wednesday and Thursday, May 14th and 15th from 4-7 pm at CMC in Aspen. The gallery will also be open during the day on Thursday. Artists De De Brinkman, Kathy Honea and K Cesark are organizing the show and CMC is generously donating the space. On Saturday, July 20th, please join us for the first annual 5k Fun Run along the Rio Grande Trail. Proceeds will benefit Pathfinders and Sunlight Rose, a local organization that supports breast cancer survivors. Watch our website for details.

As Pathfinders continues to broaden its reach within the community, we need your financial support more than ever. Please take a moment to read the enclosed card to learn more about our donor levels and consider making a donation today. You may also make a donation online by visiting Pathfindersforyou.org. I would love to meet with you personally anytime to discuss your priorities within the scope of the work we do. Thank you for being a part of this amazing organization!

Love,
Allison Daily





PETS FOR PATHFINDERS!



Often clients who come to Pathfinders for support during illness or grief return to Pathfinders to give something back. A series of painful personal losses brought Katalin Domszlay to work with Allison Daily. Recently she created portraits of the Daily family's dogs, Sophie and Jasper. They are two of a series of pet portraits Katalin has been painting on commission for over 20 years. With a background in architecture, art and interior design, painting pets has become Katalin's passion.

As a way to support the organization that has given so much to her, Katalin is currently donating a percentage of her portrait proceeds to Pathfinders. She prefers to meet her subjects in person, photograph them, and then paint them in watercolor or acrylic, depending on client preferences. There are two ways to make your own donation to Pathfinders through Katalin's work. The first is donate any amount to Pathfinders in Sophie's or Jasper's name. The second is to commission your own pet's portrait; when you do, Katalin will donate a third of your purchase price to Pathfinders. Email the artist at katadomo@gmail.com or find her at Facebook at Katalin Domszlay Work.



PATHFINDERS ART SHOW

The CMC Aspen Gallery
0255 Sage Way, Aspen, CO 81611

Featuring more than 50 of your favorite local artists, ceramicists, photographers in the Roaring Fork Valley

Exhibition and receptions
May 14th & May 15th 4PM-7PM

Show curator: De De Brinkmann
Coordinator: Kathy Honea • K Cesark

Pathfindersfor you.org

Director: Allison Daily

Follow us on Facebook and Instagram [f](#) [i](#)

All proceeds go to Pathfinders, a non profit. Purchases are tax deductible

ART!

a show and sale to benefit
PATHFINDERS

OPENING RECEPTIONS

The CMC Aspen Gallery
May 14th & May 15th
4PM-7PM

A Pathfinders benefit



GRIEVING STUDENTS FIND HOPE THROUGH PATHFINDERS

In our school based programs for grief and loss, Pathfinders has six counselors that provide free support to students, teachers and counselors from Aspen to Rifle. Since the beginning of this school year, we have helped over 100 students in individual or group counseling. The following scenarios are based on real life experiences among students we are currently supporting through one-on-one or small group counseling sessions.

- Imagine you are in the fourth grade and your mom dies suddenly. After a week or so, you are told it is time to go back to school. How can you concentrate, focus, or find a way to live in your new life without your mom? What do you do with all of these new and frightening feelings?
- Imagine you are eight and you and your brothers were taken away from your mother and placed in foster care for two years. Not only do you miss your mom, but you don't understand why the people came to get you in a very rough way and wouldn't tell you why. You somehow made it through and now you're back with your mom—but you are terrified of being taken away again.
- You are student athletes. Your lacrosse coach is killed in an avalanche and you are all completely devastated. Lacrosse season has started and everyone wants you to be okay. You are guys and supposed to be tough, but this loss has shaken you deeply. How can you play your game, move forward, and honor your coach's memory?
- You are in middle school and your parents are getting a divorce. There is a lot of fighting at home and the stress of it is tearing you apart. School is a place you feel safe, where you know you can talk to someone about how scared and alone you feel. You decide to reach out.

We are deeply committed to these programs as these services are unique not only to our valley, but to our society at large. This year alone our budget increased by over \$100,000, in large part due to the rising demand in our schools. With your support we can continue to provide and enhance these successful school-based programs. Please help us teach young people to understand the value and importance of working through grief and loss, as we all strive to create new and stronger communities. To donate contact Allison Daily at 970-379-5276.



The Andrulis family with four-year-old Ria Trook

HOUSING NEEDED FOR THE TROOK FAMILY

This winter loving father and husband, ACES employee and beloved yoga instructor and friend, Arin Trook died in an avalanche while skiing in the back country. Pathfinders has been intimately involved in the grief of his wife, Liesa, daughter Ria, 4 years old, and son Kosmo, 16 years old. Liesa and the children will need a new place to live in the Aspen school district beginning in late June/early July. Please call Allison Daily if you know of any opportunities for a caretaker position or an affordable place for them to live. Liesa would like to allow Kosmo to graduate from Aspen High School in two years. We can provide many letters of references. Allison Daily 970-379-5276

FREE SCHOOL-BASED GRIEF & LOSS SERVICES

- DEATH OF A LOVED ONE
- SEPARATION OF PARENT, SIBLING OR FAMILY
- TERMINAL ILLNESS OF YOURSELF OR FAMILY MEMBER
- CAREGIVING
- TRAUMATIC DIVORCE

Pathfinders will provide 6-8 free individual or group grief counseling sessions by licensed mental health professionals for students and teachers in the Roaring Fork Valley (Aspen to Rifle). Pathfinders Counselors work closely with school counselors and support staff in the referral process for elementary through high school.

For more about Pathfinders and how to support our work, visit:
www.pathfindersforyou.org



pathfinders
you never have to walk alone

PLEASE DONATE AND HELP SUPPORT OUR WORK

JILL SHEELEY & A NEW GUIDE TO NAVIGATING LOSS OF A SPOUSE

Jill and Don Sheeley are two true Aspen icons. Before Don died unexpected-ly in 2017, they had run the Aspen Activities Center, producing maps and guides, distributing brochures, magazines and catalogs to local businesses for 35 years. They were also busy raising their daughter Courtney while Jill was writing one book after another. She began with three cookbooks in the eighties followed by eight children's books in her beloved Fraser series about everyone's favorite Labrador retriever and then a book about Kip, Courtney's Australian shepard. Currently, she is working on a memoir about Aspen in the seventies.

Only two months after losing Don, Jill's mother passed away and she began working with Allison Daily to process her grief. Soon after that she met with Sally Potvin, a CPA who volunteers her time and skills to help women sort out their finances after losing their spouse. "I never dealt with the financial side of the business," said Jill, "and suddenly I was one of those women whose husband had done it all. It was overwhelming. Sally sorted through whatever it took to file my taxes the past two years. She's been amazingly supportive."

Since there are many women in our valley that share Jill's challenges, Pathfinders has assembled a team of local lead-ers to help create a handbook which will guide people after the death of a spouse. With the assistance of Sally Potvin, estate attorney Jeanne Doremus, estate planner Danielle Howard, and both Mary Ryerson and Stephan Reveal of Alpine Bank, we are currently working to create a set of checklists and general guidelines outlining immedi-ate and long term legal and financial tasks that need to be taken care of after the family's loss.

Grief is hard enough, but when all of the details of wills, estates or debts, social security and other financials require decisions to be made, many feel they are lost in a sea of darkness. Particularly when kids are involved, the spouse is so worried about the children while making sure the details around the death are taken care of that their own grief gets sidelined. It is scary to be faced with knowing you are now in charge of a household when you don't have the tools or the resources to even know where to begin.

For all of these reasons – and for men as well as women who may find themselves in similar situations—Pathfinders feels this new project is vital to the education and well-being of our community. Our advisors and the resources they bring to the table won't take away the pain but will offer strength and peace of mind in the midst of worry and sorrow. **For more information call Allison Daily at 970-379-5276.**



Pathfinders

P.O. Box 11799

Aspen, Colorado 81612

PATHFINDERS FUN RUN

Join us on Saturday,
July 20, for the first
annual 5k Fun Run
along the Rio Grande
Trail.

Watch our website:
pathfindersforyou.org
for details!

SUMMER RAFT TRIPS

**JOIN US FOR ONE OR ALL OF
OUR 3-DAY GRIEF & HONOR RAFT TRIPS
ON THE COLORADO RIVER***

JULY 13-15: Men's Raft Trip
(led by Mike Podmore and Art Daily)

AUGUST 3-5: Women's & Men's Raft Trip

SEPT. 14-16: Women's & Men's Raft Trip

**WILDERNESS HEALING | NOURISHING FOOD
GRIEF COUNSELORS & GUIDES
SUPPORT & COMPANIONSHIP**

*Trained, professional raft guides and counselors
will be present the entire time. Trip fee is on a sliding scale and
sponsored by: Pathfinders — a local non-profit

For information please call:
Allison Daily 970-379-5276